

Whole Grains!

In honor of January being National OATMEAL month, we're focusing on the wonderful benefits of whole grains in your diet!

Why should you eat whole grains?

- ❖ Rich in B vitamins (including folate) and minerals (iron, magnesium, selenium) that boost metabolism, increase energy levels, strengthen the immune system, and promote fetal development
- ❖ Full of fiber that reduces heart disease risk by lowering blood cholesterol levels
- ❖ Naturally low in fat and helps with weight management
- ❖ Better than refined grains because fiber, vitamin, and mineral levels are much higher with whole grains



How do you tell if something's "whole grain"?

Look for these whole-grain ingredients to be first on an ingredient list:

- ❖ Oatmeal, whole oats, brown rice, bulgur, graham flour, whole-grain corn, whole rye, whole wheat, wild rice

Foods labeled with these terms are usually NOT whole grains:

- ❖ Multi-grain, stone-ground, 100% wheat, cracked-wheat, bran



Photo: Quaker Oatmeal

You can use whole-grains in meals, snacks, and baking!

- ❖ Examples: oatmeal, many WIC-approved cereals, whole-wheat bread, tortillas, pasta, and flour

*learn more at http://www.mypyramid.gov/pyramid/grains_why.html